



## Health Education Classes for Outpatients

Integrative Health and Wellness (IHW) Program						
iRest Yoga Nidra Group Classes	Tuesday, Wednesday, Thursday		Drop in		WRIISC	Referral needed - call WRIISC Office for information x58249 or (202)745-8249
Gentle Yoga Group Classes	Tuesday, Wednesday, Thursday		Drop in			
Auricular Acupuncture Group	Tuesday and Thursday		Drop in			
Tailored Auricular Acupuncture Group	Tuesday		Drop in			
Nutritional Psychology Group	Thursday		12 week program			
Health Education Group	Thursday		8 week program			
Qigong Group	Thursday		Drop in			
T'ai Chi Group	Wednesday		Drop in			
Mindfulness Based Stress Reduction Group	Wednesday		8 week program			
Diabetes Education						
Blood Glucose Monitoring Group Classes	Monday, Thursday and Friday		8:00a	Yellow clinic	Glucose Meter is given out only during the class	
Blood Glucose Monitoring Group Classes	Tuesday, Thursday and Friday		1:00p	Yellow clinic		
Diabetes Nutrition	Wednesday		2:00p	Yellow clinic	Walk-Ins welcomed	
Diabetes Nutrition	Tuesday & Thursday		10:00a	Yellow clinic		
Diabetes Education for Visually Impaired	1:1 counseling		By appointment		Consult required	
Diabetes Insulin Training	1:1 counseling		By appointment		Please contact Mrs. D. Felix NP or Mrs. B. Cockerill NP	
Women's Diabetes Education	4 <sup>th</sup> Wednesday		8-9:30a	Women's Health Clinic	Walk-Ins welcomed	
Impotence Devices: Prosthetics Consult required	Class is held once per month. Veteran to call for an appointment. (202) 745-8000 ext. 54044.			Device is given out ONLY during the class		
Nutrition Diabetic Class (CVT) Telehealth	Thursdays	11:30a	Room 1C101 and Telehealth to Charlotte Hall CBOC		Consult or referral from Provider	
Smoking Cessation (Quit Smoking) Classes						
Breathe Easy - Live Smoke Free Smoking Cessation Program	Tuesday	9:00a	Room 1C 117 & Telehealth to Greenbelt and Prince George CBOC's Other resources: <ul style="list-style-type: none"><li>1855 QUIT VET</li><li>texting program: text VET to 47848</li><li><a href="http://www.smokefree.gov/VET">www.smokefree.gov/VET</a></li></ul>			Call to register: 202-745-8000 ext. 56911
Cancer Education and Support						
Cancer Education & Support Group	Second & Fourth Wednesday	10a -11a	2CN Conference Room	Open to any Veteran who is diagnosed with cancer. Walk-ins welcome. Theresa Pinto RN ext. 5-4135 or email: Theresa.Pinto@va.gov		

Nutrition and MOVE				
Managing Overweight/Obesity for Veterans Everywhere (MOVE)	Multiple Days	Group or Telehealth classes	Ngozi Baker (202) 745-8000 x55366 or MOVE Dietitian (202) 745-8190	
Managing Overweight/Obesity for Veterans Everywhere (TeleMOVE)	Monday through Friday	Individual	Veteran to call 202-745-2250	
Nutrition Classes and/or Dietitian appointments	Individual	PACT Clinics	Consult or referral	
Pain Management Classes				
Chronic Pain-> Self-Management Group (CBT)	Monday	1:00 p – 2:30 p for 8 weeks	Room 3B101 Neurology Clinic	Referral needed call A. Adams or C. Seebach for information x53050
Chronic Pain-> Physical Therapy, Psychology Group				
CARF Intensive Pain Management Program	Thursday & Friday	2 days/week for 6 weeks		
Living Life With Pain	Thursday	1:00 p – 2p	Ft. Belvoir Conference Rm.	Ft. Belvoir TelePain Consult required
Women's Health Clinic - Open Classes				
Diabetes Education	4 <sup>th</sup> Wednesday	8-9:30a	Women's Health Clinic- All are <b>Open Classes</b>	Awildina Figueroa-Sepulveda
Pelvic Wellness	1 <sup>st</sup> Wednesday	2p		Heather L Malecki
Meditation	Tuesdays	10:30a		Antonia (Toni) Brown
Breast Cancer Support	1 <sup>st</sup> Wednesday	10a		Angela Knoll
Women's Spirituality	Fridays	2p		Carol Ramsey-Lucas
Other Outpatient Classes				
Hepatitis C Education	Friday	10:00a – 11:30a	3A169 (3 <sup>rd</sup> floor)	Consult required
G.I. Pre-Colonoscopy Group Clinic	Monday & Tuesday	12:30-2:30p	3A169 (3 <sup>rd</sup> floor)	Consult required
	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday	8:30-10:30a		By appointment only
	Thursday	8:30-10:30a		Telehealth PG CBOC
GI Pre-Procedure Group Clinic	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday	8:30 a– 1030a	3A169 (3 <sup>rd</sup> floor)	Consult required By appointment only
Substance Abuse Rehabilitation Program (SARP)		Daily	SARP (3 <sup>rd</sup> floor)	Consult required (202) 745-8336
Living with Heart Failure	2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday	11:00-12:00	Cardiac Rehab 1C117	No consult required. Call T. Peyton 202-7452-2286 to schedule.
Exercise and Heart Healthy Education (Heart Attack, Heart Surgery, or Lung Disease)		Individual and group classes	Cardiac Rehab 1C117	Consult or Self-Referral --J. Misencik (202) 745-8635
T'ai Chi Group	Tuesday	1:00 p	GC120	Consult to Recreational Therapy
Coping with Vision Loss Support Group	Wednesday	1:00 p	GC204	Call Vision Rehabilitation Clinic x56042 to join
Blind and Visually Impaired Veterans Support Group	4 <sup>th</sup> Wednesday	10:00am	BL105	Call Myisha Norris x 56282
Online Resources				
My HealtheVet	7 days/week 24 hours/day		<a href="http://www.myhealth.va.gov/">www.myhealth.va.gov/</a>	
Veterans Health Library	7 days/week 24 hours/day		<a href="http://Veteranshealthlibrary.org">Veteranshealthlibrary.org</a>	
Quit Tobacco	7 days/week 24 hours/day		<a href="http://www.smokefree.gov/VET">www.smokefree.gov/VET</a>	
Health And Wellness	7 days/week 24 hours/day		<a href="http://www.washingtondc.va.gov/wellness/">http://www.washingtondc.va.gov/wellness/</a>	
VA eKidney Clinic	7 days/week 24 hours/day		<a href="http://www.va.gov/health/services/renal/">http://www.va.gov/health/services/renal/</a>	

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